

Managing COVID-19 Anxiety



Mood Disorders Society of Canada
La Société Pour Les Troubles de L'Humeur du Canada

FOR YOU

- Avoid excessive media consumption,
- Stay in touch with family and friends through social media,
- Protect yourself (hand-washing, social distancing,)
- Take time to relax (meditating, self-care, exercise),
- Help others if you're able to,
- Don't be afraid to seek help if you need it!



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